

# **KEYS TO UNDERSTANDING FEAR**



**TEAL SWAN**

Volume 1 of the AskTeal  
eBook Series

# Table of Contents

Chapter 1 - Fear Is A Friend, Not A Foe.....	Page 3
Chapter 2 - Fear of the Future.....	Page 5
Chapter 3 - Differentiating Fear From Intuition.....	Page 8
Chapter 4 - The Alchemy of Fear and Love.....	Page 10
About The Author.....	Page 14

# 1 – Fear is a Friend, Not a Foe

As spiritual people, we talk about fear and the ego, as if it were evil. As if it were a bad thing. Most spiritual people are ashamed of their fear. But without fear, there would be no reason to be alive. We cannot banish and condemn fear without banishing and condemning expansion and enlightenment and love. The truth is, without fear, and without ego, we could never know who and what we really are. Truth can only be known, if we know what is not truth. Truth can only be seen if we see illusion. And so, illusion must be created. Love is the vibration of source (also called god). To know itself, source had to create what was not source. It had to create the illusion of not itself. And vibrationally, that is fear. The vibration that source holds is love. Fear is the opposite vibration of love. It is the absence of love. In other words, fear is the opposite of god and of truth and of love.

We are here because god wanted to know itself. It is doing this through each and every desire that is being birthed from every perspective that has ever, does and will ever exist. When we fear, Source knows what it isn't and therefore, Source knows what it is. Fear is useful; it is the tool of expansion. But we spend our time running around the world trying to prevent ourselves from what we fear. We design our lives so that we don't have to feel fear. But whatever we resist persists. It chases us into the corner. We have no choice but to stare it down, because we cannot run away from it. By running away from fear, minimizing it, or pushing through it, we are trying to prevent the very most useful tool we have, a tool that keeps lovingly offering itself to us, the tool, which wants so badly to help us to find out the truth and to feel love.

The ultimate truth is that fear is illusion. Life is designed to strip illusion from you. And so, life is designed to strip fear from you. It does this by bringing you face to face with your fears again and again, until you have no choice but to face them and release your resistance to them. It does this until you have no choice but to become fearless. Once you have become fearless, you are free from illusion and life no longer serves a purpose because you have discovered truth. You could never know love without fear You could never know truth without fear You could never know oneness without fear You could never know god without fear. You would be oblivious to yourself without fear God would be oblivious to itself without fear. Fear is the greatest tool of awareness that has ever existed. Fear is not your enemy. Do not be ashamed of it. All beings in existence feel it. You could not know truth and you could not feel love without the contrast of fear. It is the tool that is serving your expansion the very most. Fear always means there is something that needs to be looked at, and something to be learned. People who ignore fear are glorified in this world. Ignoring and glossing over fear is different than taking a good look at fear, and using it to base your decisions off of self love instead of fear itself or rationalization. In spiritual communities, we know that fear is illusion. But we then leap to the conclusion that fear is not valid. Because of this, we have the tendency to ignore or minimize our fear. We have the tendency to ignore or minimize and red flags that go off in our emotions, mind and bodies and a lot of people get into trouble because of it, especially women. Spiritual people especially tens to ignore their fear when it comes to other people. Let's get real for a minute; some people are caught in patterns that make it so

that they do not have good intentions towards other people. And some of us are still a vibrational match to those kinds of people. When we meet these people, our nervous system alerts us that this is the case. But we are taught to unconditionally love other people and so, we ignore the fact that our internal guidance system is alerting us with fear. We do not heed our emotional guidance system. We do not look at what it is trying to tell us and examine the fear we have. Instead we try to focus on anything that minimizes the fear.

Deliberate positive focus can be detrimental in these circumstances. It can be a form of escapism. Fear is designed to keep the ego existing. Without that basic survival system in place, we would not last in the physical dimension long enough to learn. No more expansion can be experienced if we are dead. A spiritual person's internal guidance system, would alert them with fear if a truck was barreling towards them. But most of us think that the truly spiritually advanced person would stand there and transcend their fear and bend reality, so the truck did not hit them instead of jumping out of the way of the truck. To jump out of the way of the truck, is to let fear and therefore the ego get the better of them. Really? Just play that scenario through your head again. Is it really self loving to expect this from yourself? Does your fear serve a positive purpose here? Or is it out to get the better of you?

Sexual and emotional predators love spiritual women. They love spiritual women, because our beliefs lower our boundaries. They increase our tolerance for other people's problems, including abusive behaviors. They love spiritual women because our own beliefs tie our hands. We cannot be good compassionate people unless we unconditionally love even the people that hurt us, and even the people who scare us. We have to ignore our fear with regards to these people or else we are hypocritical.

Believe me when I tell you that your fear is part of your internal guidance system. It always has something valuable to tell you. You should always listen to fear. Listening to fear does not mean you have to live your life at the mercy of fear; just the opposite. Just because you have an emotion does not mean you have to act on that emotion. You simply have an opportunity to explore and question and seriously consider each emotion including fear. Spiritual teachings are frustrating because they seem contradictory. That is because spiritual teachings are directed at a multi dimensional universe. The rules change on each dimension. What is true from one dimension is not necessarily true for the next. On one dimensional level, fear is illusion created for the purpose of expansion. On another dimensional level, fear is a valuable tool, which can teach you, keep you safe and keep you alive. On the third dimensional level, which is the dimension you are focused into in order to live this physical life, fear alerts you to the following: There is a self loving decision that needs to be made. Examine your fear. Make self-loving decisions as a result of examining your fear. Maybe if you fear speaking in public, upon examination you'll find that it is self-loving to go through with it and speak in public. Maybe you'll find that it is self-loving to not go through with speaking in public. But NEVER I repeat, NEVER ignore it, undermine it, minimize it, gloss over it, downplay it or force yourself through it.

Fear is not something to be ashamed of. We cannot condemn fear without simultaneously condemning the fact that we are alive. It is part of being alive. Fear is valuable. Take every opportunity where you feel fear, to step into the feeling of the fear, explore it. Bring awareness to it. And question it fully.

## 2- Fear of the Future

Sometimes you wake up and you feel excited to be alive. You can feel all the good things ahead of you, things you can't wait to experience. When you think of the life ahead of you, your heart opens to welcome it in. Think of the last time you really fell in love or when you got accepted for a school or a job that you wanted so badly. We wish that this were how we felt every day. But the reality is that it isn't how we feel every day. Think of the last time you lost someone you love or you got a divorce or you came down with an illness or got deep into debt or watched someone get elected as president that you knew was going to destroy the country. You feel doom. You perceive only bad things ahead of you, things you are desperate not to experience. When you think of the life ahead of you, your heart closes. You feel terror.

The more objective truth of this universe is that time does not exist; that is to say it is not linear. All timelines (past, present and future) exist simultaneously; like a vibrational soup. And so, from that perspective it is true to say that the only thing that exists is... now. The minute we conceptualize of past, present and future (like we are doing from our third dimensional perspective), we are looking through the perspective of linear time. When we look at time in this way, it is easy to think that we have no capacity to change the past or that the future is decided, like fate. Before you continue with the rest of this video, if you haven't done so already, I highly suggest that you watch my video on You Tube titled: The Future. In that video, I explain how the future really works. Knowing this information can take you a long way towards feeling better about the future.

At the heart of the fear of the future is a feeling of utter powerlessness. Wanting things that you don't feel like you can have. Or not wanting things that you feel are inevitable. So what should you do if you fear the future?

Have mercy on yourself. People don't just fear the future for no reason. Your fears of the future are actually fears of the past. There is a reason that a baby does not feel fear in airplane turbulence or fear about falling down stairs. It is because the baby has never experienced a trauma that causes those fears. Think about your own life. You didn't fear romantic relationships until your first one ended painfully.

People who fear the future, do so because they have experienced something painful, often recently, that makes them believe that the future will either be the same or worse instead of better. So the first step is to address that pain. Not the pain about the future, but the pain about what happened in the past that is seeming to color your future black. I have created a process for doing this. It is called The Completion Process. If you're interested in learning this process, it is fully explained in my book quite literally titled: The Completion Process. I also suggest that you watch my video on YouTube titled: Meaning, The Self Destruct Button because it is the meaning that we add to a painful experience that so often

colors our future black.

When you fear the future, it means you are projecting yourself too far out ahead of yourself. If you are the kind of person who is prone to worry, you try to prevent pain by trying to figure everything out way in advance. The problem with this is that you can't see most of the things that will be available to you at that time you are worrying about. From your perspective, it will seem as if the universe arranges the big picture of your life like a puzzle, but a puzzle whose full picture comes into view slowly and sequentially as piece after piece is given to you. And you are not ever given the picture that the puzzle will create before you start assembling it. When we fear the future, we try to jump ahead of ourselves by trying to assemble the puzzle as fast as we can when the universe hasn't even brought us the puzzle pieces necessary to do that. This is why we often feel so powerless from where we are. We project ourselves into what needs to happen, but can't figure out how because those puzzle pieces that spell out the how, have not yet arrived. For example, let's say that we know we have to move to a different country. From where we are, we feel like this is impossible because we do not have some of the elements that will make this possible. We do not yet see the person who we will meet or the opportunity we will be presented with that will make this possible.

If you are feeling hopeless about the future, it is because you are trying to put the whole puzzle together when the universe hasn't even brought you some of the puzzle pieces necessary to put it together. And you cannot rush that process. So, stop projecting so far into the future and instead deal with yourself right here and now. From right here and now, what can you think, say or do that feels just a little bit better? Do only what you can, with what you have from where you are. And that is more than enough. Most of us look so hard for a way to feel good in the future or a way to ensure that the future will feel good. Instead, we need to focus on what will make us feel alive and connected and good right here and now.

Make yourself sit down and write a list of things to look forward to. This is an awesome antidote for that feeling of doom. For people who chronically struggle with fear of the future, I suggest doing this every night before going to bed and every morning before getting up to start the day. In fact, this is a practice I often do myself. This list can include literally anything that makes you feel open towards the hour or day or weeks or years ahead of you, instead of closed. For example, I can write things as little as, eating an avocado toast or watching a movie today to things as big as, earning a PHD or becoming enlightened. If you have friends or a group of people, it can be really great to collectively make a list like this. You can't imagine how much better other people can make you feel about the future by enrolling you in their own idea of what to look forward to.

Do a self-visualization of the future. The fear you have about the future is a reaction to an image you have in your head of what the future will look like... I repeat... An image in your head. This means, it can be remedied by altering the image you have in your head. Do this visualization for 8 minutes with really feel good music playing. The timeline I like people to use for this exercise is two years. Don't visualize yourself too far into the future because it isn't vibrationally accessible. So sit down and close your eyes and imagine yourself and your life two years into the future; if it were exactly how you want it to be. Where would you be, who would you be with, what would you have, how would you feel? Make it as real and detailed as possible for yourself.

Acknowledge that you do not actually know what is going to happen, you cannot say that you know 100% beyond a shadow of a doubt that something bad will happen. And more than that, you cannot know that if something bad happens, it isn't in fact a blessing in disguise. Then look back at your life at two different things. The first is the times that you thought something horrible would happen, but it didn't. And the second is the times that something bad that happened that actually turned out to be a blessing in disguise. This acknowledgement can release your conviction that something bad will happen and thus, change the way you feel and thus raise your frequency.

Recognize that all the fear you have about the future is really about nothing more than feeling and more than that, the fear of feeling something you've already felt. It isn't the circumstance itself that causes us pain; it's how that circumstance makes us feel. If we're afraid of the future, we are essentially saying, "I can't bear to feel that way that I think I'll feel so I have to prevent ever feeling that way." Because we fear the future based off of what we have experienced in the past, we are really saying, "I can't bear to feel that way ever again." It's not about the feelings you're yet to have, it's about the ones you've already had and didn't feel like you could cope with. Otherwise, you wouldn't know what to be afraid of. Ask yourself, how is it ok to feel? How could I cope differently with feeling the way I'm afraid to feel incase I feel it again?

Imagine the feeling of fear of the future as belonging to an aspect of you, not to all of you. Close your eyes and visualize this "you" within you who fears the future. Imagine picking this fearful self up in your arms and loving him or her and caring for him or her and having a conversation with him or her to soothe their worries and meeting their needs and letting them know that you will not leave them, you will be there always and be in charge of their wellbeing so they can relax and just let you handle it all. This simple dis-identification exercise can erase your fear of the future in a matter of minutes.

If you currently feel doom or if you struggle with chronic worry about the future, I want you to watch three of my videos on YouTube titled: How to Stop Worrying, How to Deal with Uncertainty and How To Stop Expecting The Worst. I am aware that in this video, I have suggested that you watch several other videos that lend themselves to this practice of letting go of your fear of the future. I have done this because I also know that even if all you do is to sit down and just focus upon them and listen to them, without even doing any of the exercises that I suggest in them, it will alter the fear you feel towards the future. So, if you're holding on for dear life emotionally, and you just want to be soothed, take the time to just focus on the videos I have suggested to you in this episode without doing anything. And watch what happens to the way you feel.

Living life at the mercy of your past pain, which is what is happening if you fear the future, is painful. There are many ways to bring resolution to that past pain. But just because you experienced those feelings in the past, does not mean you will experience them again. Just because you experienced those things before, does not mean they await you in the future.

## 3 – Differentiating Fear from Intuition

Intuition is defined as immediate insight or understanding without conscious reasoning. When we as people begin the process of learning to listen to and heed our own intuition, we often hit several road blocks along the way. We often receive negative messages from our parents, teachers, or peers, at which point we begin to doubt our own intuition. Our intuition gets obscured by the fears and beliefs that we have erected in front of it. When we lose trust in our intuitive knowledge, we begin to close down that channel of information by ignoring it. The good news is, though we may shut out the messages we receive from the higher self, the higher self continues to give them, so it is impossible to completely lose the ability to be intuitive.

Some of the road blocks we hit during the process of re-awakening to our intuition are individual, some are unanimous. But perhaps the largest unanimous barrier we face in this process is how to separate our intuition, which comes from our true self, from our fear, which comes from our ego self.

There is a big difference between intuition and fear, but understanding that difference in the moment can be difficult. Our higher selves (the origin of intuition) will not interfere with the free will of our separate physical bodies. It is a choice to heed intuition; it is a choice to even pay attention to it. You must invite intuition. Therefore, fear (which is an emotion that belongs to the physical dimension) easily overrides and obscures intuition.

The process of separating fear from intuition can also be difficult because it requires that we become intimately acquainted with our own fears. We must discover them, be honest to ourselves about them, learn to recognize them, address them and learn to dissolve them. Only then can we address what our intuition is truly telling us.

There are many techniques that can be employed in order to address and dissipate our fears, by doing this; their influences no longer control our life. But in order to separate fear from intuition, you must first become acquainted with what your separate fears feel like so that you can identify them when they come up as if they were emotional “flags”.

You can begin to do this by writing a list of your fears. List every one of your fears that you can think of and keep the list in an easy to access place. When you come across a situation in which you are feeling intense negative emotion, instead of acting on anything, pull out the list and scan it and ask yourself if any of the fears on the list could possibly be creating the sensation. It is inevitable that you will continue to uncover hidden fears as you advance along your spiritual journey, at which point you can add those new ones to the list.

If you find one that you think could be causing the sensation, sit in that sensation for a while, becoming intimately aware of its intricacies. Make a study of it. Learn the sensation of that specific fear. This way, you will begin to recognize those individual fears so that when they come up, you can know that they are fear instead of intuition. Intuition comes with a

feeling of correctness and affirmation. Intuition will come as a sudden knowing, a gut feeling, thought, image, emotion, or bodily sensation. It will be a quiet, clear and often quick impression. Even if the message of intuition is about something negative, it will come across as being delivered in a “neutral” tone.

We will only experience intense emotion with regards to an intuition when we begin to feed the intuition with negative thoughts and feed it with fear. Fear is a highly emotionally charged sensation. It conveys no feeling of correctness and no affirmation until you logically talk your way into its accuracy. Fear reflects the past (past issues and past psychological pain). Perspective, which is essential to intuition, is not possible from a state of fear, it will feel so strong that it is almost blinding and delusional, and there will be no compassionate or transcendental element to it.

False guidance is always rooted in fear. I say it is false guidance because it comes from the inaccurate assumption that the world is unsafe and that you are not secure, so the guidance you will receive will not be aimed at creating and maintaining freedom, abundance, joy and true self expression. Instead it will be aimed at increasing your degree of control.

Genuine intuitive guidance comes from a place of love and the knowledge that you are safe and secure as you are now. If strong negative emotion is involved, you should always be suspicious that you are either dealing solely with fear, or that you have clouded an intuition with fear. If, for example, you have a sudden persistent and strong emotional feeling that something bad is going to happen to someone you love... a fear such as the fear of loss is most likely what you are dealing with instead of an actual intuitive insight, which is informing you of something that is actually impending.

The problem with fear is that it is very persuasive. When we do not uncover it for what it is early on, it catches us in a creation trap. The trap is that once a person gets themselves into a state where they convince themselves based on the feeling of fear that something bad will happen, they often activate a strong enough vibration that they begin to actually create (by virtue of attraction) the negative event. At which point, when it happens, they often say... “See... I knew my intuition was right when it said this was going to happen”, when it was actually an event which was created based on a fear (which they mistook for intuition) that made them begin to think negative thoughts with enough frequency that it created the very event they feared.

If you find yourself in a place where you have uncovered a fear that is clouding intuition, the best way to get back into the state of receptivity to your intuition is to meditate or center the mind. Quieting the mind when it is alive with fear can be difficult, but it is necessary in order to clear away the mental clutter so that you can access your own inner knowing. I have designed a meditation for this titled [Calming Your Fear Guided Meditation](#).

Begin by using deep diaphragmatic breathing. This will trigger a relaxation response within the body. Close your eyes, and begin to focus on your breathing. If your mind drifts, (without getting frustrated that it has wandered); simply bring it back to your breathing. Do this for as long as it takes for the fear and negative thoughts to fall away, leaving behind a quiet, peaceful, centered feeling.

Sometimes it helps for people to listen to music which educes this peaceful, centered state within them. If you are finding that it is especially hard to concentrate, it can also be beneficial to listen to a guided meditation. Once you are centered for a while in that neutral, peaceful state, you have opened yourself to the flow of intuitive information enough to pose your question or ask for intuitive guidance. Once you have posed your question, put forth the intention that you will receive your answer and simply listen.

To truly listen for intuition means to listen with all of your senses. Intuitive messages come in many ways and they come differently to different people. You may hear the answer, or see the answer. You may just "know" the answer. You may get a physical sensation such as a chill or hot flash or feel the answer emotionally. As you practice listening and honoring your intuition you will get better at recognizing the ways by which you receive intuitive information, no matter what form it may appear in.

There may be times when you are looking for intuitive guidance that you will not receive a clear answer right away. However, the information may come to you later through other synchronized events or possibly through dreams or in future meditations. If you become frustrated and try to force an answer to come, you will block the flow of intuition. Simply trust that if it is a message your higher self wants you to know, it will be made known to you, and if you are on the lookout for it, just at the right time, you will see it. You will recognize it right away. You do not need to fear missing the message because intuitive messages which are ignored simply get louder and louder in their manifestations until they can no longer be ignored.

If it is truly your goal to become intuitive, you will eventually learn to distinguish the voice of ego from the voice of the true self. Your ego, which is driven by fear, rationalizes as well as creates reasons why you should not follow the instruction of intuition. Truth however, does not need the rational justification that fear needs to be valid. Truth will simply be conveyed over and over again in the same loving unconditional way until it is received. We must simply remember that true intuitive messages are always in the service of our best interests, it is impossible to cut one's self off from the capability of being intuitive, and it is possible to differentiate our fears from the intuitive messages we are receiving every day. All we need is a little practice.

## 4 - The Alchemy of Fear And Love:

*Everyone is afraid.* I went to a gym this morning to run around an indoor track in anonymity. And in the faces of those who ran beside me, I could clearly see how hard we are all pretending to not be afraid. We are hoping no one notices we are afraid. We are secretly wondering as a result, why we are afraid and everyone else seems to be doing fine. Because of this fear, living for most of us means being brave. But a brave person is not truly fearless. Bravery only exists in an atmosphere of fear. People who become fearless do not become

fearless by being so brave that they can defy their fear, they become fearless by directing their bravery towards their own fear with an attitude of acceptance. Fearlessness belongs to the person who is able to embrace their fears completely. Love is the opposite vibration of fear. When love is present, fear can no longer be present. It is dissolved in the brilliant warmth of its light.

I have noticed that sometimes people feel like they are in a deadly chess game against the universe at large. They try to outmaneuver, overpower, placate, please and bargain with the universe, because they feel the universe is not their ally. It is their adversary. And they end up tormented because they are playing against something much bigger than themselves, where there literally is no way to win.

So many people have a terrible relationship with the universe they live in. Yet it's a relationship they can't escape. Life is terrorizing in this state. Think of it like a fish that lives in water, but is convinced the water is trying to torture it. When we are in this state, we start to believe that life is about suffering. We look around our world at all the suffering that is going on and then that suffering becomes more proof of it.

This belief pattern begins in the earliest experiences we have in life. Its roots are deeply entrenched in trauma. For some children, the conditions of their gestation and birth and upbringing are nurturing. For some of us however, this is simply not the case. Some of us came to mothers who themselves felt the universe was against them and began to adopt this frequency while in the womb. Some of us had traumatic birth experiences. Some of us had parents who were less than nurturing. The result is that we believe that we are powerless to powers that be; powers that did not have our best interest at heart. Life itself began to feel inhospitable.

Even though the experiences vary that create this pattern of mentality in our subconscious minds, the most common trauma I see creating this thought pattern is a pattern that begins with either one or both of our parents. Parents are supposed to be advocates. They are supposed to be on our sides. But if we have this pattern of not trusting God and thinking the universe is against us, it usually means that we felt like one (or both) of our parents was against us. They were an adversary. Many times, this parent acted as an adversary unintentionally and even thought they were being an advocate to us by being adversarial. So it is not usually a sinister dynamic. But nonetheless, it imbued us with the idea that this parent did not have our best interest at heart and in fact we had to try to feel good in spite of them.

When we are young, our parents are something that is much bigger, wiser, stronger and capable than us. They meet our needs. In essence, our parents are our Gods. And then we grow up. Since we now live at adult capacity, our God usually becomes more like the God that is recognized by mainstream religion or spirituality. An omnipotent consciousness. Because this omnipotent consciousness is larger than us and wiser than us and stronger than us and more capable than us, we view it as an authority figure. And so our subconscious mind searches through its rolodex for its current definition and expectation of authority figure and it then superimposes that definition and expectation over the top of the new concept we have of God. This is the point at which you had better hope your parents felt like advocates instead of

adversaries. Because if your first authority figures felt like adversaries, God will feel like an adversary to you as well. Everything will be viewed through the lens of how the universe is against you instead of for you.

This issue of distrusting the universe is only compounded if you suffer further trauma and disappointment and pain in your life. With each hardship, this belief digs in deeper and deeper. And this is compounded even further if you are raised in a religion whose idea of God mirrors that of a punitive parent whom you have to please or else there is a consequence. And one day, it doesn't matter if some missionaries show up on your doorstep and tell you "God loves you". It doesn't matter what spiritual teacher professes to you the benevolence of the universe. You may want to believe it, but you don't. And there is one glaring mystery that is left ricocheting around in your mind, nagging you incessantly... "If God is benevolent and loves me and is on my side, then why did those things happen to me? Why would an omnipotent God let me suffer like that or like this?" We can take this further and apply it to things we are witnessing in the world. If God is omnipotent and loves us, why does God let children be abused, women be raped, men get blown to bits in wars, natural disasters happen and animals get slaughtered?

What we have been calling God or Source is in a process of self-actualization by projecting forth into different perspectives, in your case a different human perspective. There is no pre-determined state of perfection to reach. 'God' cannot see any aspect of itself as powerless. If you are not separate from God, but instead an extension of God with your own perspective and free will, why would God doubt your inner guidance so much as to stop all the bad things from happening here? These things would not happen if there was not some purpose for them happening. And when we judge all negative feeling things as bad, we mentally acknowledge that they shouldn't be happening and that there is no purpose for them. We miss the gift inherent in the experience.

Often years after disappointments and painful circumstances occur, we look back and because hindsight is 20-20, we can clearly see how the very thing we thought was the road to our demise, was the road to our freedom and joy. This is when we begin to see that everything comes to bless us to the degree that we begin to trust instead of distrust this universe we live in. It is highly unfair for you to expect yourself to see this while you are smack in the middle of a seemingly unfair and tragic circumstance. So don't force yourself to be grateful for something you truly are not grateful for. Instead we need to develop an openness to the possibility that one day we will see the greater divine purpose in all of this and that it just might be different than we think. It takes practice to change a belief that we have lots of proof for. Chances are, you're not going to wake up one day and instantly feel the love that this universe holds for you and feel that everything is on your side. But you can begin to develop a different relationship with God or the universe and begin to see and feel its connection to you and by doing so begin to live in a state of peace with the universe. Instead of asking in an attitude of doubt, "If God or the universe loved me, why would this bad thing have happened or be happening" we can learn to ask in an attitude of curiosity "Assuming the universe loves me, why did this thing happen or why is this thing happening?"

On another note, everyone on the path of awakening is going through an alchemical process of self transformation lately. The Great Work of Alchemy is often described as a

series of four stages, which are represented by colors... Nigredo, a blackening or melanosis. It is putrefaction or decomposition. Ingredients had to be cleansed and cooked extensively. Internally, this represents a kind of spiritual death and the confronting of one's shadow aspect. Albedo,a whitening or leucosis. The washing away of impurities. The physical subject (such as an ingredient) is to be purified and divided into two opposing principles. Internally, this represents regaining the original purity and receptivity of the soul. Washing away the ashes to find the soul. Cirtinitas, a yellowing or xanthosis. This refers to transmutation. The actual turning of a subject (such as an ingredient) into its highest state such as silver into gold. Internally this represents awakening. Becoming a manifestation of the soul. Becoming a walking embodiment of the soul, rather than a muted reflection of it. It is a process of turning. Rubedo,a reddening, purpling, or iosis. Rubedo refers to the end state. Alchemical success. The achievement of the perfected state. The final state of perfection of a subject (such as an ingredient). It can be interpreted as achieving enlightened consciousness and the total fusion of spirit and matter. This stage is often represented by the symbol of the phoenix. The practice of alchemy goes much, much further than transforming ordinary metals into precious metals, creating a universal remedy that would be a miracle cure all for all illness and achieving immortality. The ultimate form of alchemy is the transformation of SELF. There can be no external alchemy without there first being internal alchemy. And so I have written something in honor of this alchemical life path today:

### **Nigredo**

We are rich with the putrefaction of what we once were. And the shadow rains down upon us  
We suffer all but death In the perpetual fire of our own illusions We suffer all but death In the  
hell of our own fears

until ...

### **Albedo**

The ash is washed away To reveal our original purity To every black, there must be a white. A  
heaven to every hell. And so Behind the mask of our temporary identities, there is an eternal  
soul. When we remove the mask...

### **Citrinitas**

We find it We turn From what we thought we were Into what we really are We can see now  
That the moon's light Is not sun light, It is just a reflection. We are just a reflection of what we  
really are. When we decide to turn from moonlight to sunlight We are transmuted We awaken  
And when we do...

### **Rubedo**

We become the embodiment of our very soul The sunlight is all that we are A perfect fusion of  
spirit and matter We are now the phoenix Looking down at the ashes that once consumed us  
With gratitude For we are now... Enlightened.

## About The Author



TEAL SWAN, International Speaker and Best-Selling Author is a survivor of severe childhood abuse. Today, having integrated her own harrowing life experience, she inspires millions of people around the world towards truth, authenticity, freedom, and joy.

Teal Swan's worldwide following has given her the moniker "The Mirror." She has earned this moniker because "when you step in front of her, you see the truth of yourself and the truth of the universe."

Teal Swan is the author of six internationally published books, the creator of hundreds of frequency paintings, as well as the popular "Ask Teal" YouTube series. She is the owner and founder of Teal Eye LLC, a company focused on bringing self empowerment and healing back to the individual.

Teal Swan's deepest intention is to set people free. Her mission is to make people aware and conscious so that with that awareness, they can begin to heal and live deeply meaningful, integrated and empowered lives. *She travels the world teaching people the truth of the universe, helping people to see the truth of themselves and teaching them how to transform their emotional, mental, physical and spiritual pain.*

## **Follow Teal Swan**

Website: [www.tealswan.com](http://www.tealswan.com)

YouTube Channel: <http://www.tealswan.vip/youtube>

Facebook: [www.facebook.com/tealswanofficial](http://www.facebook.com/tealswanofficial)

Instagram: [www.instagram.com/tealswanofficial](http://www.instagram.com/tealswanofficial)